COURSE DESCRIPTION CARD - SYLLABUS

Course name
Volleyball [C_CS>Siat30_Z2]

Course

Field of study
Cybersecurity

Year/Semester
1/1

Area of study (specialization)
Air Transport Safety
Unmanned Aerial Vehicles
Technical Electrochemistry
Composites and Nanomaterials
Air Traffic Organisation
Aircraft Piloting
Aircraft Engines and Airframes
Onboard Systems and Aircraft Propulsion
Organic Technology
Polymer Technology
null

Profile of study
general academic

Level of study
first-cycle

Course offered in
Polish

Form of study
full-time

Requirements
elective

Number of hours

Lecture
0

Laboratory classes
0

Other
0

Tutorials
30

Projects/seminars
0

Number of credit points

0,00

Coordinators

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Prerequisites

No prerequisites in the field of sports preparation, General good health - no medical contraindications
Indicated interest, openness and activity

Course objective

Volleyball is one of the most popular sports. It has a positive effect on comprehensive physical development, has great educational values, triggers individual initiative and develops habits of joint, collective action. The main goal of physical education should be considered both to improve the body and psychomotor functions of the pupil, as well as to shape in him such a system of knowledge, skills and habits as well as attitudes towards physical culture, which in practice will be manifested in the pursuit and action to maintain a high level of physical fitness and health. GENERAL OBJECTIVES 1. Improving motor skills - speed - agility - jumping - flexibility - strength - durability 2. Shaping the correct body posture. 3. Learning and improving elements of technology. 4. Learning and improving tactics. 5. Eliminating technical and tactical errors. 6. Learning to work in a team. 7. Familiarizing students with the systems of playing volleyball competitions. 8. Familiarizing students with the rules of playing and refereeing volleyball. 9. Control and assessment of general and special fitness. 10. Shaping the habit of active rest. For those interested in individual development, we offer participation in training sessions of the sports section of the AZS PP University Club and participation in tournaments organized as part of academic competitions.

Course-related learning outcomes

Knowledge:
Knowledge of the rules of the game and sports regulations in relation to the selected discipline as part of Physical Education classes.
Knowledge of the principles of conducting exercise classes.

Skills:
The ability to independently assess the situation during classes based on regulations and rules in a specific discipline.
Ability to independently conduct a warm-up based on the assumptions of the class program. The ability to adapt difficulties to individual needs during classes.
The ability to objectively assess oneself and react to its results in relation to the requirements set for oneself.

Social competences:
The student gains awareness of his or her body to skillfully select exercises to shape and develop it properly.
The student acquires the ability to work in a group by analyzing together, selecting exercises, discussing problems and assessing progress.
The student acquires organizational skills in conducting classes and organizing basic sports competitions (matches, tournaments, etc.) in accordance with applicable regulations and fair play principles.

Methods for verifying learning outcomes and assessment criteria

Learning outcomes presented above are verified as follows:

Completing the course is achieved through active and regular participation in classes. Two absences are possible without the obligation to make up or justify 30 hours per semester.
The student is obliged to make up for remaining absences and short-term sick leave in consultation with his/ her teacher.
It is possible to complete two classes a week.
You can participate in physical education classes no more than once a day. Classes must be made up on a day other than the scheduled classes.

Programme content

Preparation for classes, proper warm-up
technique of receiving the ball in the upper and lower way playing the ball up and down
players' positions on the pitch, rotation of players on the pitch attack technique,
block technique, team tactics
tournaments and sports competitions
rules of the game, rules rules for counting points fair play behavior,

Course topics

-preparation for classes, warm-up
-technique of receiving the ball in the upper and lower way -playing the ball up and down
-positions of players on the pitch, -player rotation
-attack technique, effective attack -block technique, effective block
- learning, improving the exhibition forward and backward,
-tennis serve, non-rotational, fleet
-improving playing skills - twos and threes tournaments, -conducting training classes
-elements of single and group block techniques, game fragments -tactics, individual technique and team tactics
-learning and improving attacking techniques, attacking tactics, game fragments -securing your own block and attack.
- test classes (team tactics - 6x6 school game)
-organization of sports competitions (classes conducted by students) -inter-departmental tournament using the Brazilian system.

Teaching methods

1. Talk
2. The direct purposefulness of the movement
3. Task-oriented
4. Observation of volleyball matches.

Bibliography

Basic:
E. Superlak "Volleyball. Technical and tactical preparation for the game" Wrocław 1995
W. Kasza, H. Zdebska "Volleyball defense in the field in tactical terms"
R. Kuglawczuk "Teaching and learning to play volleyball. A sample set of classes for the whole semester" ZWPiW Plewnia 2012

Additional:
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Breakdown of average student's workload

	Hours	ECTS
Total workload	30	0,00
Classes requiring direct contact with the teacher	30	0,00
Student's own work (literature studies, preparation for laboratory classes/ tutorials, preparation for tests/exam, project preparation)	0	0,00